

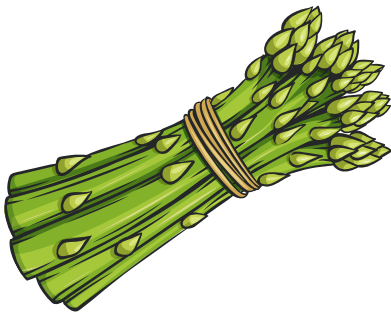
# Harvest of the Month

## MAY

## ASPARAGUS

### HEALTH BENEFITS

- FOLATE
- VITAMIN C
- VITAMIN K
- FIBER



### HEALTHY SERVING IDEAS

Asparagus is a stem vegetable and the roots can grow 20 feet deep.

The word asparagus comes from the Greek word Asparagos, meaning sprout or shoot. Egyptians used asparagus spears as gifts for the gods.

Rinse and trim asparagus, and spread out on a foil covered backing sheet. Drizzle with olive oil and sprinkle with herbs, pepper, and garlic powder. Roast at 400 degrees for 10-15 minutes. Asparagus is ready when it is fork tender.

### SHOPPING & STORAGE TIPS

Asparagus can be found in three colors: green, white, and purple. White asparagus is grown under the soil, so it is never exposed to sunlight and never turns green.

Choose asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

Wrap the ends of the stalks in a wet paper towel and place in a plastic bag. Refrigerate up to 4 days.

Snap off the woody ends, about 1-2 inches. Enjoy raw, steamed, boiled, grilled, or roasted.

### LIVE WELL



### WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



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## INGREDIENTS

- 2 bunches asparagus (about 2-1/4 pounds)**
- 3 tablespoons unsalted butter**
- 2 medium yellow onions, chopped**
- 3 cloves garlic, peeled & smashed**
- 6 cups low-sodium chicken broth**
- Salt**
- Freshly ground black pepper**
- 2 tablespoons freshly squeezed lemon juice, from one lemon**
- 1/2 cup shredded Parmigiano-Reggiano**
- Handful fresh herbs, such as thyme, dill or basil (optional, for garnish)**

## ASPARAGUS SOUP WITH LEMON AND PARMESAN

1. Melt the butter in a large pot over medium heat. Add the onions and garlic and cook, stirring frequently, until soft and translucent.
2. In the meantime, cut the tips off of one bunch of the asparagus and set aside. Cut the remaining spears & the other bunch of asparagus into 1/2-inch pieces.
3. Add the chopped asparagus to the pot (minus the reserved tips), along with the chicken broth, 1 teaspoon salt and 1/4 teaspoon pepper. Bring to a boil, then cover and turn the heat down to low. Simmer for about 30 minutes, or until the vegetables are very tender.
4. Meanwhile, bring a small pot of salted water to a boil. Cook the reserved asparagus tips for a few minutes, or until tender-crisp. Drain the tips and then place them in a bowl of ice water to "shock" them -- this stops the cooking process and preserves their bright green color. Once the tips are cool, drain them and set aside.
5. Purée the soup with an immersion blender until completely smooth. (Alternatively, use a standard blender to purée the soup in batches, then return the soup to the pot.) Bring the soup back to a simmer and stir in the lemon juice and Parmigiano-Reggiano. To thicken the soup, allow it to simmer, uncovered, until the desired consistency is reached.
6. Ladle the soup into bowls, then top each bowl with asparagus tips, Parmigiano-Reggiano, herbs (if using), and freshly ground black pepper.

## INGREDIENTS



- 1 pound asparagus spears, woody ends removed**
- 3 tablespoons olive oil**
- 1 tablespoon minced garlic (or 4 cloves garlic, minced)**
- 3/4 teaspoon Kosher salt**
- 1/4 teaspoon fresh cracked black pepper**
- 1 1/4 cup shredded mozzarella cheese**

## CHEESY GARLIC ROASTED ASPARAGUS

1. Preheat oven to 425°F (220°C). Lightly grease a baking sheet with nonstick cooking oil spray.
2. Arrange asparagus on baking sheet. Set aside.
3. In a small bowl mix together olive oil, garlic, salt and pepper. Drizzle the oil mixture over the asparagus and toss to evenly coat.
4. Bake for 10-15 minutes until vibrant and just beginning to get tender.
5. Remove from oven and top with the mozzarella cheese. Return to oven and broil (or grill) until the cheese melts and becomes golden (about 4-5 minutes).
6. Adjust salt and pepper, if needed. Serve immediately.



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